

Tufts Medical Center partners with Vanguard Health Systems to serve Patients better

By Ling-Mei Wong

Tufts Medical Center plans to serve more patients and expand its reach through a partnership with Vanguard Health Systems.

"The overarching goal of the relationship is to create a partnership that will strengthen Tufts Medical Center," said Deb Joelson, senior vice president of strategic services, Tufts Medical Center. "A strong Tufts Medical Center is important to the community in Chinatown."

Tufts, its New England Quality Care Alliance physicians network and Vanguard began negotiations on Sept. 18, which are expected to conclude before the end of the year.

The partnership will expand Tufts' reach outside of Chinatown, increasing affiliations with area hospitals such as Metro West Medical Center, a for-profit Vanguard hospital. "We hope it will help us grow for the number of patients who come here for high-end services," Joelson said.

State and federal laws

Tufts is implementing national and state health care mandates, including the Affordable Care Act passed by President Barack Obama in 2010. These initiatives are intended to streamline patient care and administrative services, which the Vanguard-NEQCA partnership will bolster.

State and federal legislation will change how insured patients pay. "Specific activities we'll undertake is working with our physician community in Massachusetts, Tufts and Chinatown," Joelson

said. "We want to be well-positioned to take care of those patients when they're in the hospital, but also take into consideration health, wellness criteria and diabetes control. We do it today for many of our patients. We're not just managing illness but the health of the patient."

Tufts' nonprofit status as a teaching affiliate of Tufts University School of Medicine will not be affected by the partnership with for-profit Vanguard, based in Nashville, Tenn.

The partnership with Vanguard could translate into savings, such as pooling resources for medical supplies. "We're not at that level of detail in negotiations, but it's something we'd consider," Joelson said.

The Tufts-Vanguard partnership would tap into existing NEQCA initiatives for administrative, contracting and technology services for physicians' offices, according to a prepared statement from Tufts. Nearly 1,600 physician members of NEQCA are located throughout Eastern Massachusetts and the MetroWest area.

Tufts, NEQCA and Vanguard are already working together on a new insurance plan announced in August. The Minute-man Health Initiative is the first member-governed, nonprofit health insurance option for Massachusetts residents, funded by a \$88.5 million federal loan. It expects to offer coverage in 2014 through private brokers and the Massachusetts Health Connector, the state's online insurance portal.

華美福利會大學日 在移民社區中推廣大學教育

張韻寧報導

華美福利會青年理事會所主辦的第二屆大學日在9月30日完滿召開，當日有40間在馬塞諸塞州周邊的大學，與多達150名學生與家長到場參與該活動。

該次活動延續了去年的傳統，大學日的宗旨是為新移民的家庭，提供更多的機會去了解大學入學的申請過程與財政援助申請。今年，該活動亦面向廣大成人學習者。



萊斯利大學榮譽校長 Margaret McKenna 鼓勵學生爭取機會上大學。



華美福利會創始人之一阮陳金鳳歡迎各大學代表及華埠居民參與大學日。



各大學代表為學生講解入學申請及相關手續。

詳見中文第二版

Double Ten Art Show 2012: Feel the Charm of Chinese Culture

By Joanne Wong

Calligraphy, photographs, water color paintings, and drawings are on display at the Chinese Consolidated Benevolent Association in commemoration of Double Ten Day, which celebrates the establishment of the Republic of China in 1912.

"The goal of the art gallery is to showcase Chinese culture so that it is appreciated by the wider community and society," says Lily Chin, the Chairperson of the Boston Calligraphy Association. Chin helped organize the event.

Over 20 local artists are showcasing their works this year. The artists range

in age (from teenagers to seniors) and the content of the art spans the world, from photographs of France to paintings of ancient China. During the kick-off event, calligraphy and drawing demonstrations were held for the attendees. Chin estimates that over 60 people attended the event.

Chin says that the Boston Calligraphy Association aims to host several galleries a year, mostly during holidays. The next gallery is expected to take place during the Asian New Year. The current art gallery is ongoing until October 14 at the Chinese Consolidated Benevolent Association.



Lily Chin (right), Chairperson of the Boston Calligraphy Association, explaining the art work to participant Julia Wong (left).



Calligraphy and artwork in display.

HIGHLIGHTS

Over 700 Castle Square Residents Registered to Vote
PAGE 2

Police Warn Of Hypnosis Robbery In Chinatown
PAGE 3

Interview with Sue Quinlan: New Director of Buds & Blossoms
PAGE 4

Chinese Historical Society of New England Celebrates 20th Anniversary
PAGE 8

Every Vote Counts: Over 700 Castle Square Residents Registered to Vote

By Joanne Wong

Community members gathered at the Castle Square Community Center on October 4 for an evening of film, food, and voter registration drive. The event aimed to disseminate information about the historical importance of voter registration and the October 17th deadline to register for the upcoming presidential election.

"We need to build from our history and stand up," says Suzanne Lee, a community leader in Chinatown. "Every vote counts. We need everyone who believes in social justice, equality, and we need everyone to be involved," Lee adds.

Voter registration materials and absentee ballot information were available in Chinese and English at the event. The Castle Square Tenants Organization elicited the help from the Chinese Progressive Association to train members on the different materials available.

The event also featured the screening of the documentary film "Chisholm '72: Unbought & Unbossed", an inspirational story that focuses on Shirley Chisholm, the first woman to run for U.S. President in 1972. Chisholm overcame various struggles and barriers as a black female to vie for a seat on the Democratic ticket, and in her journey,

she encouraged a large number of community members to exercise their voting rights and voice their opinions. Although Chisholm was unsuccessful in her bid for the Democratic ticket, her story highlighted the importance of unity, diversity, and voter rights.

Most recent statistics indicate that 700 of the Castle Square residents have already registered to vote, according to Jerry Chu of Winn Management Company. 1050 residents of the Castle Square are at the legal voting age.

"Residents are proud of how Castle Square has grown and united as a community. It has been



Castle Square Tenants Organization members at the voter registration table. Photo by Joanne Wong.

part of a role model for youth and added longevity for seniors," says Cecilia Cordova, an 11-year resident of Castle Square.

Also in attendance was former State Representative Mel King. The Castle Square Tenants Organization hopes to host more meetings and events in the

newly constructed Community Center. According to Jared Katsiane, Youth Video Instructor, films about social justice will be scheduled for screening on a monthly basis. Facilitated discussions will be held after the screenings to generate action plans by youth and community members alike.

EVENT CALENDAR

Free cervical and breast cancer screening by Tufts Medical Center

Saturday, October 13, 8am-5pm

OB/GYN clinic on the second floor of Tufts Medical Center's South Building, 860 Washington Street in Boston

Tufts Medical Center will host See, Test & Treat®, a free cervical and breast cancer screening program, sponsored by the College of American Pathologists (CAP) and funded through grants from the CAP Foundation. The program features same day medical tests, diagnoses and follow-up care for uninsured and underserved women ages 21 and older, all in a single visit.

Participants are encouraged to register and reserve an appointment slot for the 2012 See, Test & Treat program by calling 617-636-4872. Cantonese and Mandarin language interpreters will be available to assist patients for pre-registration calls and during the event. Walk-ins are also welcome.

National Poetry Slam Star Bao Phi presents new book "Sông I Sing"

Thursday, October 18, 2012, 6:30PM
Boston Chinatown Neighborhood Center, 38 Ash Street, Boston, MA

The Boston Chinatown

Neighborhood Center (BCNC) presents Asian American poet Bao Phi as he reads his debut "Sông I Sing". "Song I Sing", a poetry collection published by Coffee House Press, is a rhapsodic exploration of immigration, race, and class.

Bao Phi has been a National Poetry Slam finalist and appeared on HBO's Def Poetry.

For more information, visit: <http://www.coffeehousepress.org/2011/06/song-i-sing/>
Limited seating | RSVP Required (www.bcnc.net)

net | 617-635-5129 x1054)

Free Community Kite Festival

Saturday, October 27, 10am-4pm
Sunday, October 28, 10am-4pm
Pope John Paul II Park in Dorchester

East Meets West - KITE & CULTURAL FESTIVAL 2012, the 10th annual free community event is a fun-filled event for both families and professionals. It will feature the best kites from the East and West: 300 feet dragon, eagles, giant lobster, butterfly plus your kites and a lot more.

There will be plenty of space for adults and children alike to fly kites to their hearts' content.

AACA Community Forum

Thursday, October 18, 12pm-1pm
AACA 87 Tyler Street, 4th Floor, Boston, MA 02111

Come hear Chairman Stehen P. Crosby speak about the new casino industry in Massachusetts, its impacts on the community, and the Commission's measures to prevent gambling addiction and other social problems. A discussion will be followed.

Mammoths and Mastodons: Titans of the Ice Age

Now through Sunday, January 13, 2013
Museum of Science
1 Science Park
Boston, MA 02114

Travel back to a time when humans shared the stage with woolly giants! Examine full-scale replicas of massive Ice Age mammals, including Lyuba, a 40,000-year-old baby mammoth discovered by a Siberian reindeer herder in 2007. The exhibit also features some of the oldest art in existence, huge skulls and tusks.

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SUBSIDIZED WAITING LIST OPEN

Waiting list for one and two bedroom subsidized apartments open at **Bedford Village Apartments, Bedford MA**. For one-bedroom, rents start at **\$777 and up**. Two bedroom apartments start at **\$934 and up**. Includes heat, hot water, and cooking gas. Income restrictions apply. EHO

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1 Person \$45,500; 2 Persons \$52,000;
3 Persons \$58,500; 4 Persons \$65,000;
5 Persons \$70,200; 6 Persons \$75,400

For Information and Applications call **978.610.6523**
Applications and Information also available at the Concord Mews Leasing Office or on www.s-e-b.com

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Email: leasing@concordmews.com
www.liveatthemews.com



AACA College Day Promotes College Education in Immigrant Communities

By Teresa Cheong



College Rep. from Lesley University answering students' inquiries

The Second Annual College Day organized by the Asian American Civic Association Youth Council on Sept. 30 hosted 38 colleges from around Massachusetts and attracted over 150 students and parents.

A sequel to a similar event last year, the College Day aimed at providing an opportunity for immigrant families to learn more about college admission process and financial aid application. The event also geared toward adult learners this year.

Margaret McKenna, president emeriti of Lesley University, said college education was vital to young people in her opening speech.

"Whether or not you go on a two-year, four-year college, or a master degree or

a PHD, whatever you do will enrich your life and the lives of other students in that college and university," said McKenna. "So don't let the price tag scare you off."

Amy Guen, one of the founders of AACA and South Cove Community Health Center, also thanked the colleges for bringing an important education bridge to the community.

"Each of you [college representatives] brings opportunities to young people and outstanding students. We welcome you for coming and welcome you to Chinatown," said Guen.

With 11 more colleges participated in this year's event, the AACA Youth Council was interested in

including out-of-state colleges next year.

The colleges participated were Benjamin Franklin Institute of Boston, Bentley University, Boston College, Brandeis University, Bunker Hill Community College, Cambridge College, Center for Educational Documentation, Curry College, Dean College, Emerson College, Emmanuel College, Endicott College, Gordon College, Harvard University, Lesley University, Mass Bay Community College, Mass College of Pharmacy & Health Sciences, Massasoit Community College, Newbury College, Northeastern University, Pine Manor College, Quinsigamond Community College, Regis College, Roxbury Community College, Salem State University, School of Museum of Fine Arts, Simmons College, State University of New York, Albany, Stonehill College, Suffolk University, Tufts University, University of Massachusetts Amherst, University of Massachusetts Boston, University of Massachusetts Lowell, Wellesley College, Wentworth Institute of Technology, Westfield State University, Wheelock College and Worcester Polytechnic Institute.

Boston EMS Notifies 57 Patients of Potential Exposure to Compromised Medications

As part of an ongoing investigation initiated by Boston EMS into misconduct by one of its uniformed paramedics, the department has notified 57 patients that they potentially received compromised medications during EMS treatment. The 57 patients received doses of controlled medications that may have been tampered with by the suspected employee during a six week period in the summer of 2011.

All 57 patients have been offered free screening for infectious diseases, and the Boston Public Health Commission is running an incident hotline staffed by trained clinicians to answer questions and provide information to these individuals. However, the

department is not aware of the suspect having or transmitting an infectious disease to any patients.

The paramedic in question has been relieved of all duties since the alleged misconduct was discovered, and EMS cannot comment on any details pertaining to the employee's activities because of an ongoing criminal investigation.

Although EMS's review of transport records for these patients showed no indication of adverse health outcomes as a result of the medication they received, the department decided to inform them out of an abundance of caution for their safety.

While the alleged drug

tampering happened last summer, Boston EMS was unable to accurately identify the small number of patients that may have been exposed to compromised medications until the state lab completed its testing of medication vials at the end of July 2012. These tests results then allowed EMS to identify 64 patients that potentially received compromised medications.

Seven of the patients identified passed away soon after transport for reasons related to their initial catastrophic injury or medical event.

Members of the public that have questions about Boston EMS services should contact the central office at 617-343-2367.

Police Warn Of Hypnosis Robbery In Chinatown

District A-1 detectives are investigating an incident that took place on Sunday September 30, 2012, in Chinatown.

An elderly Asian female was walking on Harrison Avenue and Beach Street in Chinatown when she was approached by three suspects identified as Asian females.

The suspects engaged her in conversation and one of the suspects asked the victim where she can find the miracle healer, saying she needed to find this miracle healer because her daughter is very sick.

The victim told the suspect that she didn't know anything about a miracle healer and then a second suspect walked into the conversation and stated she knew where a miracle healer was and asked them to follow her.

The victim stated she couldn't go with them. All of the suspects then told the victim that her son was in danger indicating something about spirits in

her home.

The suspects told the victim to go home and get all of her valuables and come back to meet them near the Hei La Moon Restaurant at 88 Beach Street or something bad would happen to her son.

The victim went home and gathered cash and jewelry and went to the area of 88 Beach Street where she met the three suspects.

The suspects handed the victim a black plastic bag and the victim placed the money and jewelry inside of the bag and handed it back to the suspects.

A black plastic bag was then given back to the victim. The suspects then told the victim to put the bag in a safe place and not to open it for a month.

At a later time, the victim believed something to be wrong so she opened the bag and discovered a newspaper, some rice and a bottle of water. The victim then contacted Boston Police.

The descriptions of the suspects are as follows: Suspect #1 was about 40 years old, had tan colored skin, and was wearing a black jacket. Suspect #2 was about 50 years old and was wearing a black jacket. Suspect #3 was about 40 years old and had a chubby face.

The Boston Police Department is actively investigating the facts and circumstances surrounding this incident.

Anyone with information is asked to call District A-1 detectives at (617) 343-4248.

Community members wishing to assist this investigation anonymously can do so by calling the CrimeStoppers Tip Line at 1(800) 494-TIPS or texting the word 'TIP' to CRIME (27463). The Boston Police Department will stringently guard and protect the identities of those who wish to remain anonymous.

NOW HIRING

FALL RIVER HOUSING AUTHORITY EXECUTIVE DIRECTOR

The Board of Commissioners of the Fall River Housing Authority is presently accepting applications for the position of Executive Director. Applications and resumes should be submitted to the Chairman, Fall River Housing Authority, 85 Morgan Street, P.O. Box 989, Fall River, MA 02722.

The Fall River Housing Authority is a public housing agency managing 5,000 units of Federally-aided and State-aided conventional and rental assistance housing as well a CGP, and other grant funding. The Executive Director will be responsible to the Board of Commissioners for general supervision over the administration of the Authority's business; fiscal affairs; planning, directing and coordinating low income housing programs; supervision of personnel; assuring Authority compliance with all State and Federal Laws, Rules and Regulations; promoting a sound public housing philosophy within the community; and any other responsibilities as determined by the Board of Commissioners.

Qualification Requirements and Salary: Bachelor's Degree in Business, Public Administration, Economics, Social Sciences, with ten (10) years or more experience, with low income or Assisted Housing Programs and demonstrated skills in leadership, staff supervision and management, or other related field, Master's Degree is preferred. Significant written and verbal skills required. Must have a working knowledge of fiscal management, maintenance systems, personnel and administrative management systems. Substantial background in implementation of management controls and systems. Considerable knowledge of local, state and federal government procedures and regulations as they relate to housing developments. Must be bondable. Certification as a public housing manager (PHM) from a HUD approved organization or Certification as a Massachusetts Public Housing Administrator (MPHA) is required, within one (1) year of hiring.

The final salary will be determined based on qualifications, experience, and comparison with other similarly sized housed authorities, and agreement with the Board of Commissioners.

Submit five (5) copies of your resume, history of accomplishments and references to Leonard Augiar, Chairman, Board of Commissioners, Fall River Housing Authority, 85 Morgan Street, P.O. Box 989, Fall River, Massachusetts 02722-0989 on or before Thursday, November 8, 2012.

Interview with Sue Quinlan: New Director of Buds & Blossoms

by Faye Zheng



SAMPAN: When did you become the director of Buds & Blossoms?

Sue: I started on August 27th and have been the director for about six weeks now.

SAMPAN: Could you introduce us about your professional background?

Sue: I have been working part-time at various colleges; Bay State College, Bridgewater State University, Massasoit Community College, Mass Bay Community College, Quincy College, and Urban College. I was teaching Early Childhood Education courses. I had also worked as an Early Childhood Program Director, Head Start supervisor, and NAEYC Accreditation mentor, etc. I have a Master's Degree in Education, a Master's Degree in Counseling Psychology and an undergraduate degree in Early Childhood Education/Child Development. I have been this in field for over thirty years.

SAMPAN: What made you want to work for BUDS & BLOSSOMS as its director?

Sue: I was a program mentor for BUDS & BLOSSOMS for the past year. I would come here and provide administration and educational support to the director and teachers. When Leslie

Pilder, the previous director of BUDS & BLOSSOMS, was leaving, she encouraged me to apply for this position. She said: "You should apply for this job. You are already familiar with the program and would be a good match for it." I did apply and fortunately got the job.

SAMPAN: Can you give us general introduction of BUDS & BLOSSOMS?

Sue: We have four classrooms; one infant classroom (2-15 months), one younger toddler classroom (15 months- 24 months), one older toddler classroom (24 months-2 years and 9 months) and one preschool classroom (over 2 years and 9 months). For each classroom, we have three teachers, two foster grandparent volunteers (morning and afternoon), as well as classroom volunteers and student interns.

We can accommodate 45 children at one time. We have a long waiting list. Many parents have been on the waiting list for over a year. Some even come to sign up on the waiting list before they get pregnant.

SAMPAN: What's the uniqueness of BUDS & BLOSSOMS?

Sue: BUDS & BLOSSOMS is a unique program as we follow the Reggio Emilia philosophy

of teaching.

Another unique element of our program is that we are a Mandarin immersion program. Staff must speak only Mandarin in the classroom with the children.

Our families are very diverse. They represent a variety of cultures and languages.

The first five years of a child's life are the most critical for learning. They have an innate ability for language acquisition.

Our highly educated parents are attuned to this ability thus make the brilliant decision to enroll their children at Buds & Blossoms. When they grow up with Mandarin as their second language, they will have so many advantages that will be offered them including a greater choice of colleges. Fluency in Mandarin can also open so many doors for them in their career choices and job searches.

SAMPAN: What changes are you bringing to BUDS & BLOSSOMS?

Sue: Since becoming the director of BUDS & BLOSSOMS, I have conducted two surveys; one among teachers and one among parents. The survey results enable me to better identify the overall operation of the program as seen through the eyes

Tufts Medical Center provides free cervical and breast cancer screenings to uninsured Boston-area women

Tufts Medical Center will host on October 13 a free cervical and breast cancer screening program, See, Test & Treat®, sponsored by the College of American Pathologists (CAP) and funded through grants from the CAP Foundation.

The program features same day medical tests, diagnoses and follow-up care for uninsured and underserved women ages 21 and older, all in a single visit. The program will take place on Saturday, October 13, from 8:00 am to 5:00 pm in the OB/GYN clinic on the second floor of Tufts Medical Center's South Building (860 Washington Street in Boston).

"We are thrilled to bring See, Test & Treat back to Tufts Medical Center again this year, remove those obstacles to care and provide local women with the important screenings they need," said Barbara Jean Magnani, PhD, MD, FCAP, Chair and Pathologist-in-Chief of the

of the staff and parents. This information assists me in identifying the programs strengths and overall direction.

One of my professional goals for the program is to achieve NAEYC Accreditation.

NAEYC stands for "The National Association for the Education of Young

Department of Pathology and Laboratory Medicine at Tufts Medical Center. "Numerous studies have shown that an early diagnosis is the key factor in successfully treating cancer. Our goal with this program is to offer a chance for Boston-area women to receive potentially life-changing and life-saving medical tests and care."

Each woman attending the event will receive a free pelvic exam and a Pap test, to detect any possible early signs of cervical cancer; Mammograms will also be offered, if appropriate, to screen for breast cancer. Pap test results, physician consultations, and possible follow-up care will be provided the same day; mammogram results will be available following the event. All patients will receive their results in a private setting and will be provided with information about follow-up treatment options, if necessary. Complimentary food,

Children." It is the largest national early childhood professional organization in the United States.

It accredits early childhood programs according to health, safety and education standards. The new standards were intended to provide a more reliable and accountable accreditation system and to encourage the field of

entertainment, health information and children's activities also will be provided. Each participant will receive a See, Test & Treat t-shirt and Target gift card after the test results are received.

Participants are encouraged to register and reserve an appointment slot for the 2012 See, Test & Treat program by calling 617-636-4872. Cantonese and Mandarin language interpreters will be available to assist patients for pre-registration calls and during the event. Walk-ins are also welcome.

BD Diagnostics donated the Pap test supplies for See, Test & Treat, and Carestream provided the radiology film for the mammograms. Additional event supporters include the College of American Pathologists Foundation, the Massachusetts affiliate for Susan G. Komen for the Cure®, the Boston Chapter of the American Cancer Society, Sekisui and Gen-Probe.

early childhood education to strive for a new level of excellence.

It takes about one year for a program to go through self study to become NAEYC accredited. All components of the BUDS & BLOSSOMS program will be improved throughout the accreditation process.

Barnstable Affordable Housing Schooner Village and Settler's Landing II 3BR SINGLE-FAMILY HOMES STARTING AT \$206,000

This is a lottery for eight affordable single-family homes being built. The first 4 affordable homes at Schooner Village have already been built and sold. These eight units will be sold at affordable prices to households with incomes at or below 80% of the area median income.

SCHOONER VILLAGE		
# of units	Type	Sales Price
2	1-story, 3BR, 2 bath, 1,248 s.f. (Vineyard), 2-car parking, unfinished basement	\$206,000
SETTLER'S LANDING II		
3	1-story, 3BR, 2 bath, 1,248 s.f. (Vineyard), 2-car parking, unfinished basement	\$206,000
3	1-story, 3BR, 2 bath, 1,248 s.f. (Vineyard), 2-car parking, unfinished basement	\$224,000

The Income Limits for Households are

1 person-\$45,500	2 person-\$52,000	3 person-\$58,500
4 person-\$65,000	5 person-\$70,200	6 person-\$75,400
Households cannot have more than \$75,000 in assets.		

For more information on the Development, the Units or the Lottery and Application Process, please visit: www.s-e-b.com/lottery or call 617.782.6900. For information on the development please visit www.BayberryBuilding.com Applications and Required Income Documentation must be delivered, not postmarked, by 2 pm on November 27th. A Public Information Session will be held at 6 pm on October 10th in Barnstable Town Hall (367 Main St, Hyannis) The lottery will be on December 4th in Barnstable Town Hall.

Applications and Info Packets also available at: Sturgis Library located at 3090 Main Street (Hours: M, W, Th, F 10-5, Tu 1 pm-8 pm, Sa 10-4) and The Growth Management Dept on the 3rd Floor of Barnstable Town Hall.

DUXBURY AFFORDABLE HOUSING Purchase Assistance Program

Grant money available to purchase existing housing in Duxbury!

The Affordable Housing Purchase Assistance Program utilizes financial assistance to reduce sales prices of specific Duxbury homes currently available on the open market to affordable levels.

This financial assistance has been made available courtesy of the Duxbury Affordable Housing Trust (DAHT) through this lottery.

Applications for the program and lottery must be completed with all required income, asset, tax and pre-approval documentation and submitted by 2 pm on December 11th, 2012.

Maximum Grant Amount Based on Size of Home Purchased

1 BR	2 BR	3 BR	4 BR	5 BR
\$60,000	\$75,000	\$90,000	\$100,000	\$100,000

You can find examples of the types of homes in Duxbury that are eligible for this program here:

www.s-e-b.com/lottery/documents/TheInventory.pdf

The Maximum Income Limits for Households are as follows:

1 Person - \$45,500 5 Person - \$70,200 3 Person - \$58,500 7 Person - \$80,600
2 Person - \$52,000 6 Person - \$75,400 4 Person - \$65,000 8 Person - \$85,800

Households cannot have more than \$75,000 in assets

For more information on the Program and Application Process, please visit:

www.s-e-b.com/lottery or call 617.782.6900x7.

Applications and Information also available at the Duxbury Public Library at 77 Alden Street (hours M 2-8, Tu-Th 10-8, Fri-Sat 10-5) and the Town Planning Department in Town Hall.

An Info Session will be held on Nov 7th, 2012 at 7 pm at Duxbury Town Hall (878 Tremont St). The Lottery for eligible households will be held on Dec 19th at 7 pm.



“GET REAL!” Drama-Free Real Estate Advice
By Mildred Wong

Buying A House:
When Is The Perfect Time

MYTH: The right house will turn up at the right time for the right price if I wait long enough.

FACT: There is no “perfect” time to buy a house, just like there is no “perfect” house. When you find a house, don’t second guess interest rates or market conditions by waiting. Changes don’t occur that fast to make that much difference in price. Similarly, a good house won’t stay on the market long.

Since there are so many “For Sale” signs in yards, there must be many houses for sale. I can take my time. GET REAL! “For Sale” signs do not guarantee that the houses are still available. Real estate signs often remain in the yard until the house has officially “closed” and is off the market. This happens because deals sometimes don’t work out and the house has to be put back on the market, after

being taken off for that buyer. Your real estate agent will be able to verify the true status of properties at all times.

When you are ready to make an offer, don’t try to be a killer negotiator. Make sure your offer is attractive, stands out, and gets the seller’s acceptance. Your agent will help you determine the most appropriate offer price, based on the recent sale prices of comparable houses. Be sure to have another house that you would also be happy with in case your offer is not accepted.

The price is \$3,000 more than I want to spend. If the seller “really” wants to sell, they will accept my offer. GET REAL! While it may be a buyer’s market, sellers will still look for reasonable offers, and they have a choice in the offer they will accept just like you have a choice in the house you will purchase. If you love the house and feel that it is the perfect fit for you, negoti-

ate fairly. \$3,000 divided by 360 months (30 years) is only \$8.33 more per month. Don’t lose your dream home haggling over dollars and cents.

It is an emotional roller-coaster when you set out to buy a house. If you are a first time home-buyer, the emotions are intensified because you don’t know what to expect. Once you commit to a house, especially after looking at many houses, you will wonder if you chose the right one. This is a common feeling that will go away once you settle down and envision living in your new home.

CALL TO READERS: In the process of buying or selling and have questions? Call or email and your topic could be the next discussion. Mildred Wong is a Licensed Real Estate Agent at City Central Realty, LLC. She can be reached at 617-236-2020 or mildred@citycentralre.com. Follow her on Twitter: @GetRealwMildred.

Youth Column
By Lili Kuang

Five Things to do for Thanksgiving

Are you excited for Thanksgiving? Looking for something fun to do this Thanksgiving? Here are some great ideas for you and your family:

Apple picking!! I love going apple picking with people I love. Apple picking is always a great way to communicate with your family and friends. Imagine talking about how to pick a fruity ripe apple while thinking about how to serve it later on. How awesome is it to apple pick earlier in the day, and then make dishes with the apples? Also, the beautiful autumn weather is the perfect time for some outdoor activities.

Potluck! My high school always hosted potluck events during the Thanksgiving season. It is so heartwarming and fun. Potluck brings everyone together and the fun activities involved will defi-

nately make your Thanksgiving much more memorable. Ask your loved ones to bring something to contribute to the Thanksgiving feast (If you want to be creative, create a theme about what type of food to bring!) Then make some fun activities such as a pie eating contest or story telling time.

If you are feeling generous this year, you can donate some leftover food from your huge feast to homeless shelters. I know that for my family (and I’m sure for many others out there), we always make extra food during Thanksgiving. We usually make it our dinner for the next few days. But if you don’t feel like eating turkey for the next few days, donate it! Take on the Thanksgiving spirit and bless people who might not be as lucky as you. Of course, make sure the leftover turkey slices are not

the ones you’ve already taken a bite of, haha!

Hey, if you are feeling sporty, why not join the 13th annual Boston Volvo 5K Turkey Trot. It is a 5k race that will be hosted during Thanksgiving morning. It is definitely a great way to wake yourself up for the long day ahead.

And last but not least, prepare yourself for Black Friday shopping!! Get a good nap after Thanksgiving dinner and then go out and get those deals! Hey, there’s no other holiday that offers you a \$20 camera or a \$150 HD T.V. Besides, it is also a great day for you to shop without feeling guilty. If you are busy on Black Friday, don’t get frantic! There is always Cyber Monday, which is the Monday after Thanksgiving week.

A Food Aficionado
By Anna Ing

Boston Korean Cuisine:
Kaju Tofu House

Earlier this year, a pal from Seoul told me of a very delicious soondubu (very soft silken tofu) place that opened up in the old Seoul Bakery space that was a “taste of home” for her. Well lo and behold, I have gone to Kaju Tofu House 58 Harvard Ave (between Cambridge St & Franklin St) Allston, MA 02134 (617) 208-8540 numerous times as this is a sorely needed and welcome addition to the Boston Korean cuisine scene.

Unlike the strong Korean communities of Flushing NY, Fort Lee NJ, and of course the stalwart Ktown in Los Angeles that have a variety of delicious eats, Kaju Tofu House is a breath of fresh air for Boston. Kaju (in Korean stands for California) is where the owners hail from California and have some businesses there too. Also the soondubu jjigae or silken tofu stew is their specialty.

There are a variety of choices to choose from in terms of soondubu chigae as well as five different levels of spiciness. Personally, the medium level of spiciness suits me well. Their seafood soondubu chigae came out bubbling in a beautiful reddish broth studded with mini shrimps with the

heads, oysters and tons of soft tofu in the ttukbaegi (ceramic pot). The broth can be flavored vegetarian style, or with meat or seafood.

Other broth base ingredients include (but not limited to) chili paste, sesame oil, fish sauce, kelp, dried anchovies, garlic, scallions, and hot red pepper flakes. Remember to crack the egg into to broth, you can choose to mix it in to thicken the broth or keep it whole. The seafood broth consistently came out as a delicate balance of sweetness and taste of the sea along with the custard like waves of silken tofu plus the frothy egg bits tasted utterly amazing. This taste only comes from really fresh and delicious ingredients as well as loving care! The standard banchan (little side dishes) are all house made with a generous amount of eight at our table. The banchan options always changes varying from steamed egg, seasoned spicy chewy dried squid, and various styles of kimchee (usually fermented spicy napa cabbage) to seasoned acorn jelly. Unlike other local places, the burnt/crusty rice (so delicious) – aka nurungji Bap from the bottom of the clay pot comes out with the boricha (roasted barley tea) as it is done

in Korea. But we were so full, we never did finish it.

A can’t be missed value are their combo meals: chigae plus another dish ranging from the standard bibimbap (egg atop a veggie and rice dish mixed with spicy red pepper paste) to galbi (seasoned BBQ short ribs) that doesn’t top \$20 but you get a generous amount of food. Their chapchae (sweet potato noodles mixed with veggies and meat) was great that was reminiscent of a friend’s mom’s cooking. Not overly sweet with a healthy portion of veggies and bits of beef. Their galbi came out in a sizzling plate with onion slices. Not overly sweet but the rib pieces with bone in were flavorful and tender. While the seafood pancake came out differently ranging from overly chewy to having a delightful crispy edge.

The servers were friendly and like Korea there were the service buttons at each table to press when you want their attention. The place is small (read long lines). It is always fun watching the Korean TV ranging from the news, Korean dramas to the latest Kpop videos while enjoying your meal. This is a NOT to be missed place for Boston area Korean soondubu chigae lovers!

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Dental Care Tips for Diabetic Patients

Dental care is more important for diabetic patients than for healthy individuals.

Diabetic patients, especially in after puberty and aging individuals,

1. Increase awareness towards the oral infections.

2. Have regular checkups with a dental care provider at least once in three to four months.

3. Brush teeth at least twice a day; and after all meals and snacks if possible.

4. In the morning and at night, flossing and using an anti-bacterial mouthwash.

have greater chances of developing oral health problems such as tooth decay, fungal infections, salivary gland dysfunction, inflammatory skin disease, periodontal disease or taste impairment

5. Use toothpaste that contains fluoride as this has proved to be the most efficient in fighting oral infections and tooth decay.

6. Get professional dental cleanings every six months.

7. In cases when dental surgery is needed, it is necessary to take some special precautions such as adjusting diabetes medication or taking antibiotics to prevent infection.

and thrush of the mouth.

However, the oral problems in diabetic patients can be prevented. Here are some tips on dental care for diabetic patients. Here are some suggestions:

8. Quitting smoking.

9. Make morning appointments to the dental care provider as during this time of the day the blood sugar levels tend to be better kept under control.

10. Make sure both their physician and dental care provider are informed and aware of their condition, medical history and periodontal status.

Tufts Medical Center

SAMPAN'S HEALTH SURVEY DRAW WINNER

Julio Ham Tan from Malden

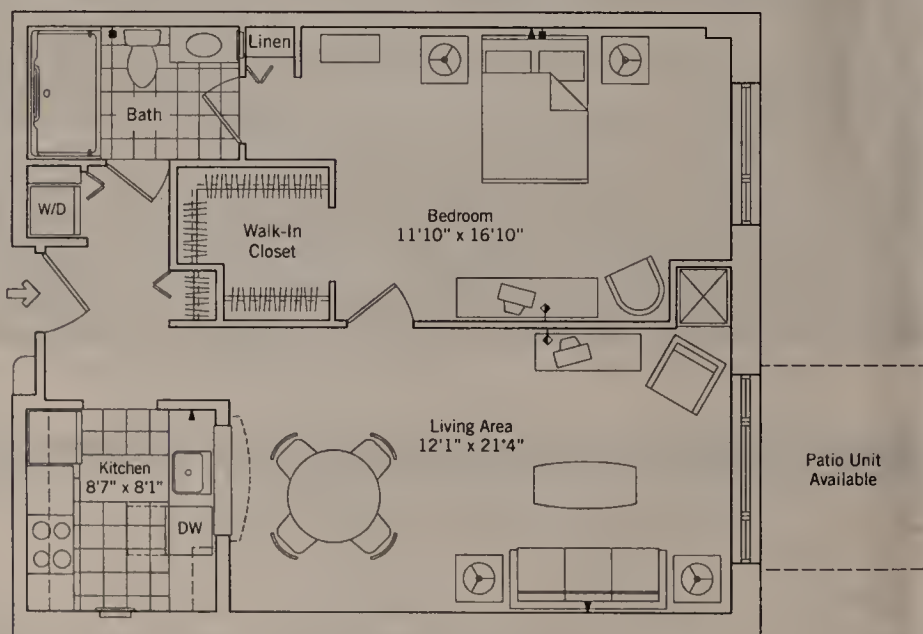
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Greater Boston Chinese Golden Age Center: Serving Chinese Elders in Boston

An Aging Population

Average life expectancy of the U.S. population is getting longer, and the elderly population maintained a trend of rapid growth during the last century. Today, there are 37 million people are older than 65, accounting for 13% of the total population of the United States.

Of the 37 million older Americans, 10% of them are low-income. It is estimated that by 2030, over 20% of the U.S. population will be older than 65. With the arrival of new immigrants, the number of Asian elders in the Boston area is also increasing rapidly.

Greater Boston Chinese Golden Age Center (GBCGAC) provides a broad range of services designed to help Asian elders enjoy their golden years at home and in the community.

General Introduction of GBCGAC

GBCGAC is a not-for-profit organization which was established in 1972. Its mission is to promote the general welfare of Asian elders. A comprehensive network of culturally sensitive and

linguistically appropriate programs and services assists elders with access to mainstream elder services and supports independent living. Services and programs provided by GBCGAC include Social Ser-

vices, Nutrition, Adult/Social Day Care, Education and Recreation, Senior Community Service Employment, Serving Health Information Needs of Elders and more.

GBCGAC Nutrition Program

GBCGAC nutrition program provides a nutritious lunch to elders over 60 in the Boston area.

If you live in Boston and are over 60, you are eligible for a free lunch at any of the GBCGAC congregate meal dining room sites. A \$2 donation is requested to help defray the cost of the meal. If you are home-bound and have difficulties reaching the congregate meal site, you may be eligible for GBCGAC's home delivered meal service, which will deliver a hot meal to your home daily. You may

contact us to determine your eligibility for home delivered meal service and for meal site dining room and hours and activity schedule at the following locations:

- (1) Quincy Tower, 5 Oak Street West, Boston, MA 02116. Tel: 617-423-7560
- (2) Hong Lok House, 25-31 Essex Street, Boston, MA 02111. Tel: 617-542-7458
- (3) Brighton House, 677 Cambridge Street, Brighton, MA 02135. Tel: 617-789-4289

Thanks to the City of Boston's Commission on Affairs of the Elderly fund-

ing, GBCGAC is able to provide Nutrition assessment and counseling, which have become an important part of our nutrition program. Nutrition assessors visit clients' at home to collect health and nutrition information every 6 months, then a Registered Dietitian evaluates all client assessments to determine the need and priority for receiving nutrition education and counseling. Nutrition assessment and counseling service is aimed at promoting clients' health and ensuring a good quality of life.

More about GBCGAC's Service

GBCGAC's meals meet or exceed USDA Senior Nutrition Guidelines. They are nutritionally balanced meals with appropriate portions of rice, vegetables, meat, milk and fruit. They are prepared with fresh ingredients including 3 or 4 kinds of vegetables and one or two kinds of meat. Also they are low in fat, salt,

sugar and cholesterol so that you can taste the fresh flavor of all ingredients.

GBCGAC's kitchen maintains high standards of safety and sanitation during cooking and also in the delivery process, so that every weekday our clients receive a hot and freshly cooked lunch.

All the services GBCGAC provides enhance the Asian elders' health and quality of life, enabling elders to remain at home and in their community to enjoy their golden years. If you need our services or more information, please visit our website at www.gbcbgac.org or call us at 617-423-7560.

Nutrition Advice for Elders

As a full time Registered Dietitian at GBCGAC, I would like to share some nutrition advice that I give to my elder clients.

First of all, if you have any chronic diseases and conditions, you should follow the diet restrictions prescribed for your condition. A Registered Dietitian or a Doctor should be consulted regarding diet restriction for Diabetes, High Blood Pressure, Heart Diseases and many other chronic conditions.

Secondly, although 3 to 4 cups of milk or an equivalent amount of dairy product is recommended daily, consumption in the Asian diet is lower than that criteria in general. In the case of lactose intolerance, yogurt and lactose free milk are recommended. Also, increasing the amount of fiber in your diet is important. More brown rice, whole grains, vegetables and fruit should be consumed for the benefit of your heart, blood vessels and intestines. After all,

the fundamental goal here is to maintain a balanced diet which includes fresh ingredients.

Nutritional supplements are good, but should never replace food if you have functional eating capability and normal digestion.

By Zhanglin Kong, MS, RD. Registered Dietitian at Greater Boston Chinese Golden Age Center.

**MASSACHUSETTS BAY TRANSPORTATION AUTHORITY
TRANSPORTATION BUILDING
10 PARK PLAZA
BOSTON, MASSACHUSETTS 02116-3975**

NOTICE TO BIDDERS

Sealed bids for MBTA Contract No. B00CN01, RECONSTRUCTION OF ASHMONT RED LINE BRIDGE OVER CLAYTON STREET, BRIDGE NO. B-16-138 (A39) MP 157.00, BOSTON, MASSACHUSETTS (**CLASS 1- GENERAL TRANSIT CONSTRUCTION and CLASS 4A-BRIDGE, PROJECT VALUE - \$8,687,000.00**), will be received by the Director of Contract Administration at the Contract Administration Office, 6th Floor, Room 6720, Transportation Building, 10 Park Plaza, Boston, Massachusetts, 02116-3975, until two o'clock (2:00 p.m.) on **October 30, 2012**. Immediately thereafter, in a designated room, the Bids will be opened and read publicly.

Work consists of: Removal of existing bridge superstructure and piers, modifications to existing abutments, construction of new superstructure, and all incidentals. Work includes but is not limited to

1. Systems Relocation. Install temporary crossing for relocation of the MBTA system conduits. Install and connecting systems cables through the new bridge
2. Abutment Tiebacks. Install total of 8 abutment tiebacks for existing abutments - 2 rigs concurrently
3. Abutment Micropiles. Install total of 15 abutment micropiles in existing abutments - 4 rigs concurrently
4. Abutment Work. Construct formliners for abutments.
5. Bridge Demolition and Replacement. Demolish Existing Bridge and haul debris away
6. Roadway Work. mill streets, adjust sidewalk curbs. Reconstruct Clayton and Dickens Streets
7. Remove of temporary crossing for systems relocation and sidewalk restoration

This Contract is subject to a financial assistance Contract between the MBTA and the Federal Transit Administration of U.S. Department of Transportation. FTA Participation 80 percent.

Each prospective bidder proposing to bid on this project must be prequalified in accordance with the Authority's "Procedures Governing Classification and Rating of Prospective Bidders." Copies may be obtained from the Contract Administration Office at the above address. Requests for prequalification for this Project will not be accepted by the Authority after the tenth (10th) day preceding the date set for the opening of bids.

Prequalified bidders may obtain from the Contract Administration Office a "Request for Bid Form" which must be properly filled out and submitted for approval.

Bidding documents may be obtained from the Contract Administration Office at the address above from 8:30 a.m. to 4:00 p.m., beginning **September 28, 2012**, Monday through Friday, at no charge. Copies of the Bidding Documents will be available in electronic format (CD). Contract Specifications shall be available in portable data file (.pdf) format and Contract Drawings shall be available in Tagged Image File (.tif) format. If requested, Bidding documents will be shipped for a fee of \$25.00, made payable by check to MBTA. For overnight mail service, a completed mailing label, with an approved carrier account number (i.e. Federal Express), must be included. All bidding documents requested by check will be shipped via U.S. Postal Service. **NONE OF THESE CHARGES ARE REFUNDABLE.**

Bidders attention is directed to Appendix 1, Notice of Requirement for Affirmative Action to Insure Equal Employment Opportunity; and to Appendix 2, Supplemental Equal Employment Opportunity, Anti-Discrimination, and Affirmative Action Program in the specifications. In addition, pursuant to the requirements of Appendix 3, Disadvantaged Business Enterprise (DBE) Participation Provision, Bidders must submit an assurance with their Bids that they will make sufficient and reasonable efforts to meet the stated DBE goal of 17 percent

Bidders will affirmatively ensure that in regard to any contract entered into pursuant to this solicitation, minority and female construction contractors will be afforded full opportunity to submit Bids and will not be discriminated against on the grounds of race, color, religion, sex, age, or national origin in consideration for an award.

Bidders will be required to comply with Federal Equal Employment Opportunity Regulations and the President's Executive Order No. 11246 and any amendments or supplements thereto. Bidders will also be required to comply with the Governor's Executive Order No. 481, prohibiting the use of undocumented workers on State Contracts and any amendments and supplements thereto.

Authorization for the Bidders to view the site of the work on the MBTA's property shall be obtained from the Project Manager, Mr. **Ken Lim, P.E.**, 500 Arborway, Jamaica Plain, MA 02130, Telephone number 617.222.4487. The Authority will conduct an inspection tour of the site on **October 9, 2012**. Bidders are requested to be present at the (at intersection of **Clayton** Street and **Dickens** Street, **Boston** Massachusetts, at 10:00 a.m. to participate in the tour. Bidders are advised that they should have representation at this tour as no extra visits are planned.

A prebid conference will be held on **October 10, 2012** at 10:00 a.m. at the Project Manager, Mr. Ken Lim, P.E., 500 Arborway, Jamaica Plain, MA 02130, Telephone number 617.222.4487. Any request for interpretation of the Plans and Specifications should be submitted in writing at the same time.

Bidders will be required to certify as part of their bids that they are able to furnish labor that can work in harmony with all other elements of labor employed or to be employed on the work.

This Contract is subject to Federal wage and hourly laws and minimum State wage rates as well as all other applicable labor laws.

Bidders are advised that the "Buy America" provisions of the Surface Transportation Assistance Act of 1982 (Pub. L-97-424) as amended, apply to any Contract, procurement or agreement which results from this solicitation.

Bid Guaranty shall consist of a bid deposit in the amount of five (5) percent of the value of the bid, in the form of a bid bond, cash, certified check, treasurer's or cashier's check.

The successful Bidder shall be required to furnish a Performance Bond and a Labor and Materials Payment Bond each for the full amount of the Contract price.

The Authority reserves the right to reject any or all Bids, to waive informalities, to advertise for new Bids or proceed to do the work otherwise, as may be deemed to be in the best interests of the Authority.

This information may be viewed at the MBTA website:

http://www.mbta.com/business_center/bidding_solicitations/current_solicitations/

MASSACHUSETTS BAY TRANSPORTATION AUTHORITY

Date: **September 28, 2012**

By: Richard A. Davey
Secretary and Chief
Executive Officer of
MassDOT

Jonathan R. Davis
Acting General Manager of the MBTA
& Rail & Transit Administrator
of MassDOT

Chinese Historical Society of New England Celebrates 20th Anniversary

By Teresa Cheong



Bill Chin (L) receiving the Sojourner Award



Board members of The Chinese Historical Society of New England



Jill Cheng (L) receiving the Sojourner Award

The Chinese Historical Society of New England (CHSNE) held its annual dinner on September 30 at China Pearl to celebrate its annual accomplishments.

The Sojourner Award recipients this year were Jill Cheng, president and CEO of Cheng & Tsui, and Chinatown honorable

leader Bill "Uncle Bill" Chin.

Founded in 1979, Cheng & Tsui was dedicated to supporting the Asian studies. They were the first publisher to publish books in simplified and traditional Chinese in the U.S. Cheng was also a devoted volunteer and philanthropist. In 2011, her hus-

band Hung Cheng and her pledged a generous gift to launch the Cheng and Tsui Center for Integrative Care at Beth Israel Deaconess Medical Center.

Uncle Bill and his siblings helped found various organizations in Chinatown and contributed to the community development in the past six decades. He

was the founder of South Cove Manor and former president of the Gee How Oak Tin Association of New England as well as the Chinese Consolidated Benevolent Association. He was also the only president who served two terms in the CCBA.

During the dinner, the CHSNE - Waterman

Scholarships and the Wong Scholarship were presented to students of Chinese ancestry who had good academic standing in colleges. The event highlight was local comedian Joe Wang who entertained guests with his life experience as a Chinese American living in the U.S.

State Treasurer Steve Grossman, State Representative Donald Wong and Tackey Chan, City Councilor Bill Lineham also presented certificates on behalf of the state and city governments to thank CHSNE for their hard work in preserving and promoting Chinese American history.

AACA presents "Boston's Famous"

By Teresa Cheong



(L-R) State Rep. Donald Wong, Richard Soo Hoo, Toney Kwan, Eric and Julie Beyer

With all buzzes about the September issues, fall is definitely the season of fashion.

The Asian American Civ-

ic Association partnered with Neiman Marcus to host the "Boston's Famous" Fashion Show on Oct. 10 at Neiman Marcus Boston. The event raised

over \$27,000 to help the agency continue its social services, workforce development and adult education programs.



Guests waiting eagerly for the fashion show to start.

Over 100 guests crowded the third floor of Neiman Marcus to review the fall 2012 fashion collection. Local celebrities from political and social sectors

were also presence.

Among the special guests attended were State Senator Sonia Chang-Diaz, State Representative Don-

ald Wong, Malden Mayor Gary Christenson, Robert Rivers, president of Eastern Bank, Laura Sen, CEO of BJ's Inc. and Janet Wu from WHDH-TV.



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careers.faulknerhospital.org

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釣魚島究竟誰人歸屬

作者：Chandra Muzaffar

追溯歷史到明朝時期，釣魚島自然是中國的一部份，而日本與中國關於釣魚島所屬權的分歧卻是自第一次中日戰爭1894—1895年開始的。

而現在，兩國之間關於釣魚島包括在內的5個小島，3座岩礁所屬權的壓力也是隨著時間的推移在激增。這些坐落在中國東海附近的小島占地大約七平方千米。

問題的關鍵是中國與日本日益緊密的經濟合作關係造成了這種局面。去年開始的中日雙邊關係合作採用的人民幣交易足以說明一切。

想緩解當前緊張的局勢，日本政府需要讓步，因為2012年9月11日日本開始向Kurihara家庭（日本政府認為的釣魚島島主）空開收復釣魚島就激起了中國人民的激憤情緒以及當前無可收拾的局面。

而事實上，日本方面一直在釣魚島上加大壓力，我們還記得2010年9月7日中國漁船意外與日本巡邏見碰撞時，日本的海上保安亭就以特殊名義扣留了中國漁船的船長以及多名船員。

雖然他們都在年初釋放了，可是日本的這種行為無疑為局勢

火上澆油，而中國也已經就此做出了回應已經相應的動作。

那麼如何解釋目前日本的這種狀況呢？一些權威分析師認為這是由於日本政壇權利的增長。

現在的情況是：日本的經濟已經停滯了20年而中國在逐漸取代日本成為世界上第二大經濟體，而這也影響了保守派勢力在亞洲的格局。

而日本正值執政的民主黨大選，也進而擴大了保守黨的政治。

而與此同時日本的右翼分子對於中國更加激進，美國也再次宣稱在亞太地區的能力與地位：在過去的幾年里，美國的政治和軍事官員在多個場合強調美日安全關繫的重要性。

即使在釣魚島爭端上，美國政府，自稱是保守中立的同時，通過政府明確表示，在日本和中國之間發生軍事衝突的情況下，日美安全保障條約生效。

對於美國和日本來說，這裡也有另一些原因來說明為什麼釣魚島對他們是重要的。

在68年9月，聯合國的一個機構宣稱在釣魚島附近發現了潛在的石油和天然氣儲量，而不為人所知的是：美國軍方採用了其

中的5個島嶼作為實踐的飛機轟炸範圍。

但是不論是什麼原因，日本宣稱對於釣魚島的所有權是站不住腳的。從15世紀的書籍，報告乃至地圖中可以知道，明代期間，釣魚島是中國的領土。即使從日本學者在19世紀後期的著作中也可以知道這一不爭的事實。關於中國釣魚島所有權的質疑來自1894—95年日本吞併后的第一次中日戰爭。清朝時期的中國太虛弱了，因此丟了失地，但日本通過武力奪取的土地並不能說明對於這片土地的佔有權。

這也是中國，美國作為二次世界大戰的戰勝國都承認釣魚島是中國的一部份。

開羅宣言和波茨坦宣言都認證了這一點，儘管釣魚島的行政區裡是屬於美國所有的：美國作為佔領國在日本投降后接手了釣魚島，而中國共產黨在1949年后正式接管了釣魚島的一切事物。因此，中國共產黨對於此次事件表示強烈抗議。

1971年，美國參議院交還釣魚島到中國手裡，同時中國政府在北京，與台灣一桶認為釣魚島是中國的一部份。

1972年在中國與日本關係正

常化以來，雙方已經達成協議，允許漁民在周邊海域以及島嶼捕魚，但沒有明確解決釣魚島問題。

當然，日本和中國在過去的40年里都沒有就這個問題討論過，然而最近發生的一系列事件把問題推向了風口浪尖。

除了抵制釣魚島國有化之外，中國要求日本無條件承認釣魚島是中國的一部份。它必須接受這個無可辯駁的事實。

但我們意識到有強大的既得利益集團不允許日本這樣做。而我們應該去說服日本政府和人民，這樣做是他們最好的選擇。

通過悄無聲息的外交，亞洲各國都應該傳達這一消息給日本，整個大陸的公民都應該站出來表達這樣的態度。

媒體也應該發揮其功用，友好地解決爭端，尊重真理和正義的事實。

作者信息：
Chandra Muzaffar博士是 the International Movement for a Just World (JUST)的主席。



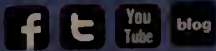
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2012年10月移民排期表

親屬移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	2005年10月8日	2005年10月8日	2005年10月8日	1993年6月15日	1996年4月1日	第一優先：美國公民的成年未婚子女
第二優先2A	2010年6月1日	2010年6月1日	2010年6月1日	2010年5月15日	2010年6月1日	第二優先2A：永久居民的配偶及未成年子女
第二優先2B	2004年9月15日	2004年9月15日	2004年9月15日	1992年10月1日	2002年1月22日	第二優先2B：永久居民的成年未婚子女
第三優先	2002年5月22日	2002年5月22日	2002年5月22日	1993年2月8日	1992年7月22日	第三優先：公民的已婚子女
第四優先	2001年3月15日	2001年2月15日	2001年3月15日	1996年6月22日	1989年2月8日	第四優先：成年公民的兄弟姐妹

職業移民排期表

親屬移民排期	全世界（包括港澳台）	中國大陸	印度	墨西哥	菲律賓	備註
第一優先	有名額	有名額	有名額	有名額	有名額	第一優先：杰出人才、研究人員、研究人員教授
第二優先	2012年1月1日	2007年7月15日	2004年9月1日	2012年1月1日	2012年1月1日	第二優先：跨國公司主管
第三優先	2006年10月22日	2006年2月8日	2002年10月15日	2006年10月22日	2006年8月1日	第三優先：技術勞工及專業人士
非技術勞工	2006年10月22日	2003年6月22日	2002年10月15日	2006年10月22日	2006年8月1日	
第四優先	有名額	有名額	有名額	有名額	有名額	第四優先：特殊移民
宗教工作者	無名額	無名額	無名額	無名額	無名額	
第五優先 定點投資	有名額	有名額	有名額	有名額	有名額	第五優先：指定地點投資移民
試點項目	無名額	無名額	無名額	無名額	無名額	

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《舢舨》雙語雙週報創立於西元1972年，宗旨在聯絡社區，教育亞裔新移民。《舢舨》內容包括社區專題報導、地方新聞、移民訊息、衛生保健、文化藝術等。自創刊以來《舢舨》秉持著非營利公正報導的宗旨服務達波士頓地區。所有對報社的贊助以及捐款均可免稅。歡迎投稿或提供寶貴意見。訂閱舢舨一年份只要\$60，撥打訂報專線617-426-9492分機206，或將支票以及填寫完整之訂報表格一同寄至舢舨地址。

活動信息

免費乳癌篩檢

十月十三日(週六)，早上八點至下午五點，860 Washington St., Boston, MA 塔芙茨醫療中心(Tufts Medical Center)，將在該中心南2 OB/GYN診所，為四十歲以上，無保險女性，免費提供乳房X光檢查，以及子宮頸癌、乳癌篩檢，不但當天就可做出檢查結果，現場並有醫師免費提供諮詢。報名可洽617-636-4872。

台商會財經講座

十月十三日(週六)，下午一至四點半，波士頓華僑文教中心新英格蘭地區台灣商會將於，以「未老先富：如何從年輕就開始投資地產」為主題，舉辦第九屆財經講座，邀搬到波士頓集團(Move2Boston Group)的許淑馨，以及21世紀麻州公司的Ouyang Lu主講。報名可洽台商會長胡美惠617-278-3955，或電郵 meihueihu@rcn.com

浮雲相聲演出

十月十三日(週六)，晚八

點，Ashdown House Hulsizer room, 235 Albany Street, Cambridge, MA, 02139 浮雲相聲社將於，假MIT學生宿舍，舉辦秋季公演。演出笑星來字MIT、Harvard、BU、Tufts、NEU，以及波士頓各界。已排定節目包括，趙子佳、廖凱的「瘦身傳奇」，薛暉、梁展誠的「我要出名」，曾行、譚豐的「批三國」，張浩、于勃洋的「揭瓦」，郎瑞田、石墨魯的「繞口令」，演出票價，學生五元起，購票可上網http://fuyun2012fall.eventbrite.com。

華美福利會社區論壇

十月十八日(週四)，中午十二至下午一點，華美福利會華美福利會秋季論壇邀請了麻州博彩委員會主席Stephen Crosby 來探討有關麻州賭業發展對社區帶來的商機和影響，以及博彩委員會如何防止有關賭博的社會問題。報名請電：(617) 426-9492 x206，或電郵 rsvp@aaca-boston.org。

放眼昆士三年慶

十月十五日(週一)，晚六到八點，88 Washington Street, Quincy Center 昆市「放眼昆士」社區電視節目將於，舉辦三週年慶祝會。六到七點為開放時間，各界人士可到昆市社區電視台QATV現場參觀，七點至八點為現場直播時間。

高血壓講座

十月十六日(週二)，下午三點，25-31 Essex St.Boston, MA 02111 中華耆英會和紐英倫婦女新運會合作，於假康樂樓，舉辦高血壓和腎臟疾病講座，邀請塔芙茨醫療中心-腎臟血壓中心Klemens B.Meyer醫師主講。講座將以英語進行，有粵語翻譯。聯繫人劉小姐 (617) 357-0226 內線：230。

CABA會議

十月廿日(週六)，中午十二點至晚上九點，400 Soldiers Field Road, Boston, MA 02134 美中生物醫藥協會將於，假

波士頓雙樹客房酒店，舉辦投資、創新與創業研討會。會員免費，非會員廿元。查詢詳情可上網www.cabaweb.org。

中華專協35周年

10月27日(週六)，哈佛大學傑佛生廳(Jefferson Hall 紐英崙中華專業人員協會(NEACP)將於，舉辦第三十五屆年會，主題為“臺灣關懷：臺灣心，美國情”。講

者包括前暨南大學校長李家同、中油董事長林聖忠、散文小說家趙淑敏、與時間競賽的律師陳俊翰等人。會議費用非會員\$30、會員\$25、長者\$20、學生\$15(皆包括午餐、咖啡、點心)，10月20日前預先註冊還可優惠。查詢可上網www.neacp.com，或洽會長張重華教授617-627-5178(O)，chwa_chang@yahoo.com。



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波士頓大學中秋國慶晚會

Yinan Zhang報道



中秋晚會表演現場。照片由Yinan Zhang提供。

10月6日，由波士頓大學學生學者協會(BUCSSA)舉辦的中秋國慶晚會在波士頓大學的Tsai表演中心順利落下帷幕。經過一個月的細心準備，波士頓大學的學生們為當地華人朋友獻上了精彩溫馨的表演。

晚會前緊鑼密鼓的宣傳使得這次觀眾席位的上座率高達百分之百。五百人的表演廳，座無虛席。風趣多樣的節目讓每位觀眾都對這次贊不絕口。從傳統中國古琴到流行舞蹈，相聲，小品。為了讓觀眾更加享受今年的中秋國際之夜，BUCSSA的同學們認真篩選了每個節目，減少了冗長的歌舞表演數量，增加了與觀眾的互動，並且融合了很多新穎時尚的元素。

『這真的是一場高水平的演出，看得出來每一個表演者都投

塔芙茨醫療中心與先鋒健康系統 建立合作伙伴關係

Ling-Mei Wong報導

塔芙茨醫療中心計劃為了更好的服務更多的病人與擴大服務範圍，近日與先鋒健康系統建立了合作夥伴關係。

塔芙茨醫療中心高級副總裁 Deb Joelson說道：「我們建立合作夥伴的主要原因是為了更好的發展塔芙茨醫療中心。一個強大的塔芙茨醫療中心對華埠社區來說是很重要的。」

塔芙茨，其紐英倫品質醫療聯盟的醫療網絡和先鋒在9月18日展開合作磋商，預計可於今年年底結束。

合作關係將會令塔芙茨擴展到華埠以外的地方，增加例如營利性機先鋒醫院和Metro West Medical Center這些地區醫院附屬機構。Joelson說：「我們希望可以藉此增添更多希望來塔芙茨獲得高端服務的病人。」

州和聯邦法律

塔芙茨正在執行國家和州授

入了很多時間和精力。謝謝他們呈現了這麼美好的表揚，讓我覺得就像回到了家一樣。」演出後一位特地從麻省理工大學專程來看表演的博士生稱讚。

晚會的主辦方，BUCSSA宣傳部部長Yijing Lu對這次表演也表示很滿意『我們汲取去年的不足，精簡整合了晚會形式，同時也大大提高了表演質量。同學們都非常積極地報名參加表演，很多外國朋友也踊躍參加，而且每個表揚都非常地有新意，這讓我們很欣慰。』問及關於明年的晚會的計劃，Lu表明『我們肯定會再接再厲，爭取讓每一個波士頓的華人朋友都體會到家的感覺，同時也向讓外國朋友們推廣我們的傳統，幫助他們更多地了解中國的文化。』

權的健康醫療項目，包括有2010年有總統奧巴馬所通過的可負擔醫療法。這些措施的目的是為了使病人的照顧和行政服務更合理化，也是Vanguard-NEQCA合作所會支持的項目。

州和聯邦法律將會改變受保險病人的支付方式。Joelson說：『其中特別的活動是，我們將承諾與我們的馬塞諸塞州的醫療社區一起合作，塔芙茨與華埠。我們希望當病人在我們的醫院接受治療時可得到更好的照顧，亦會考慮健康情況、健康標準和糖尿病控制。就像我們現時為我們的病人所做的。我們不單止是管理疾病，同時我們一再管理病人的健康。』

塔芙茨的非牟利身份作為塔芙茨大學醫學院的附屬教學醫院，將不會受總部位於Nashville, Tenn的合作夥伴牟利性先鋒醫院的影響。

警方提示： 波城又現類似金光黨案件 專對老嫗下手

根據警方信息，九月三十日早上十點左右，一名家住華埠的六十九歲老婦，在夏利臣街和必珠街交界處的銀行附近，遭三名亞裔婦女以「金光黨」做法，騙走一萬五千元現金以及二萬多元珠寶金飾。波士頓警察局A-1區警長李湯姆在十月華埠社區安全會議中發出警方提示，呼籲華埠民眾提高警惕。

根據辦案警員的記錄，九月三十日早上十點左右，受害者走到夏利臣街與必珠街交界的銀行附近時，三名約四、五十歲的亞裔婦女靠近她。其中兩人穿著黑夾克，一人圓臉，開始和她交談，問她哪裏可以找到神奇治療者，說她女兒病得很重，只有這名神奇治療者才能醫好她女兒。

受害者說她不道有什麼神奇治療者。此時，另外一名女子加入談話，聲稱她知道神奇治療者在哪兒，要他們跟著她走。

受害者表示她不能跟她們走，但她們告訴受害者，她兒子有危險，因為她家有鬼。她們要受害者回家，把所有貴重物品帶到必珠街88號喜臨門酒店，和她

們碰頭，否則就有壞事發生在她兒子身上。

受害者於是回家將貴重物品，大約一萬五千元現金，約二萬元的金飾珠寶，帶去必珠街88號附近，和嫌犯碰面。嫌犯交給受害者一個黑色塑膠袋，要受害者把她的貴重物品放入塑膠袋內，交給嫌犯。稍後，嫌犯給回受害者一個黑色塑膠袋，並要求受害者把塑膠袋放在一個安全的地方，一個月內不能打開。

大約下午三點半時，受害者覺得事情有些不對勁，於是打開了袋子，發現裏面只有報紙、一些米和一瓶水。受害者於是報警。

警方希望華埠民眾看到可疑情況時，立刻撥打911，或打電話報警(617)343-4571。

目前警方仍在調查中，並不確定嫌犯是否和早前在美國各地作案的「金光黨」有關，希望民眾提高警覺。

波士頓華埠今年五月初曾發生過一宗華裔婦女疑似遭祈福黨詐騙，失財十六萬元案件。六月份六名金光黨在舊金山被捕。

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中華耆英會： 竭誠服務耆英 安享康樂晚年

老年人口增長趨勢 中華耆英會營養計劃

由於美國人口的平均壽命越來越長，老年人口在近百年來保持著快速增長的趨勢。現今全國有三千七百萬人口超過65歲，佔美國總人口的13%，這其中有10%的老年人是低收入人群。到2030年，65歲以上的美國人口估計會超過20%。隨著新移民的到來，波士頓地區的華人老年人也在快速增加。中華耆英會多樣的服務項目幫助華人老年人安享康樂晚年。

中華耆英會簡介

中華耆英會在1972年成立，是一個為華裔耆英提供多項社會服務的非營利機構。中華耆英會的宗旨是提高亞裔老年人的福利水平。中華耆英會致力於保障華裔耆英應有的權益和福利，協助解決生活上，語言上或適應環境上所遭遇的困難，促進耆英身心健康，保持獨立自助的家居生活。中華耆英會的服務項目包括社會服務，營養午餐，日間護理聯誼中心，文娛教育活動，社區就業服務，老人醫療保險諮詢服務等。

中華耆英會的營養計劃為波士頓地區60歲以上的老年人及其配偶提供免費的營養午餐。如果您在波士頓居住並超過60歲，您就有資格到耆英會三間午餐中心（如下所列）任何一間獲得免費午餐，敬請捐款2元食物成本和製作費用。如果您行動不便無法到達午餐中心，您有可能有資格獲得免費送餐服務，即每日的熱午餐將會在中午之前送遞府上。關於您是否有資格獲得免費送餐服務，或者午餐中心的開放時間以及文娛活動等信息，可與耆英會各中心聯係：

君子樓 (Quincy Tower), 5 Oak Street West, Boston, MA 02116. 電話: 617-423-7560

康樂樓 (Hong Lok House), 25-31 Essex Street, Boston, MA 02111. 電話: 617-542-7458

白禮頓樓 (Brighton House), 677 Cambridge Street, Brighton, MA 02135. 電話: 617-789-4289

在波士頓市政府老人局的資助下，中華耆英會能夠為顧客提供免費的營養評估與諮詢，這是中華耆英會營養計劃的一個重要

部分。營養評估員每六個月到顧客府上家訪一次收集顧客的健康營養信息，然後營養師根據信息發現需要營養諮詢的顧客並按優先性依次給予營養教育諮詢。營養評估和諮詢是一項旨在促進顧客健康和生活質量的服務。

老年人營養建議

作為中華耆英會的全職註冊營養師，以下幾條是我對華人老年人的普遍營養建議。首先，如果您有慢性病，首先應該遵循此種慢性病的飲食規定。例如糖尿病，高血壓，心血管疾病等，應該諮詢註冊營養師或醫師怎樣控制飲食。其次，許多華人老年人不喜歡喝牛奶或吃奶製品，這會導致罹患骨質疏松的風險上升。我通常建議老年人每天喝3-4杯低脂牛奶，若有乳糖不耐受症狀，可選擇酸奶或無乳糖奶。另外，增加纖維質的攝入也很重要，多吃糙米飯或其它粗糧，多吃蔬菜和水果對心血管和腸道健康有特別有益。最基本的營養建議當然是保持膳食均衡，多樣，清淡以延年益壽。在吃飯和消化正常的情況下，任何所謂的營養

保健品都不如新鮮的食材的營養價值大。

中華耆英會的營養午餐在達到或優於美國農業部營養標準的基礎上符合均衡，多樣，清淡的原則。均衡是指米飯，蔬菜和肉類的份量和比例適當。多樣是指一個耆英會的午餐通常包括了三到四種蔬菜和配菜，一杯低脂牛奶以及一個新鮮水果。清淡的標準最是可貴，耆英會的午餐低油，低鹽，低糖，低膽固醇，讓您品嚐到新鮮食材的鮮味。營養午餐同時也在製作和運送的過程中高度符合衛生標準，在清早新鮮出爐后，每個午餐都在密封防漏的餐盒中利用保溫袋送抵府上。

中華耆英會的各項服務都旨在提高老年人的健康和生活質量，讓顧客能夠在自己家裏和社區裏安詳晚年。如需要獲得服務或更多信息，歡迎訪問中華耆英會網站www.gbcgac.org或電話垂詢617-423-7560。

（作者：孔璋林，營養科學碩士，註冊營養師。中華耆英會全職營養師。）

Tufts Medical Center

糖尿病患者 口腔護理的重要性

口腔衛生護理對於患有糖尿病的人來說極其重要。因為這些病人，尤其是過了青春期的病人，患了牙齦疾病、真菌感染，唾液腺功能紊亂，炎症性皮膚病，牙周病，味覺損傷，口瘡和蛀牙等口腔疾病的風險較高。但是如果選擇正確的方式對牙齒進行護理，就可以有效地預防上述疾病。

下面編輯為糖尿病患者們列出一些日常口腔護理的小貼士：

- * 提高自己對口腔感染的警覺和保護意識。
- * 定期去看牙醫。（至少每三個月一次）
- * 每日至少刷兩次牙。（建議最好在用餐以及甜點後清潔牙

齒。）

* 每日早晚各用一次抗菌牙線清潔殘留污垢。

* 每隔六個月進行一次專業口腔護理。

* 使用含氯化物的牙膏。因為此類牙膏被證明是抗蛀以及控制口腔感染最為有效的。

* 戒煙。

* 如果需要進行口腔手術，病人最好調整進食的時間，注射胰島素的時間和劑量以及服用抗生素來降低感染風險等預防措施以防影響到血糖。

* 盡量預約早晨的口腔護理。人體的血糖在清晨比較平穩，更容易控制。

* 及時更新醫療記錄。看牙醫時，也需要告知醫生和藥師你的糖尿病病史以及現在的狀況。

舢舨健康版面問卷調查獲獎者

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ANNA ING的美食專欄

韓國餐廳：加州豆腐屋

今年年初，我的一個來自首爾的朋友告訴我在老首爾麵包店附近有一家新開張的韓國餐廳，那裡的韓國嫩豆腐非常美味，讓她覺得有家的味道。我这家坐落于哈佛大道58號（在奥斯顿的劍橋街和富蘭克林街之間，郵編02134, 電話(617) 208-8540）的加州豆腐屋（Kaju Tofu House）吃過幾次，並发现这家餐廳出乎意料地受歡迎，也很迎合波士頓地區對韓國料理的需求。加州豆腐屋不同于在紐約法拉盛、新澤西利堡或是洛杉磯韓國城的那些壯大的韓國社區，它給波士頓帶來一絲新鮮氣息。Kaju（在韓文中意為「加州」）的店主也在加州經營韓國餐廳，韓式嫩豆腐鍋（Soondubu Jjigae）和嫩豆腐燉湯同樣是他們的招牌菜。

韓式辣豆腐鍋分有多個種類供選擇，同時還有五個不同的辛辣程度。個人覺得中等辣味比較符合我的口味。他們的海鮮豆腐鍋上桌的時候，漂亮的紅湯在小蝦、牡蠣和許多的嫩豆腐的點綴下，在沙鍋裡冒著沸騰的氣泡。湯底口味可選擇選擇素食、肉類或者海鮮類。其他基本的湯底食材包括（但不侷限於）辣椒醬、芝麻油、魚油、海藻、鳳尾魚干、大蒜、蔥、紅辣椒片。記得在湯裡打一個雞蛋，你可以把它攪拌在湯裡使湯的口感更濃，或者把它完整保留在湯裡。同樣的，海鮮湯也很好地平衡了甜味和海鮮味，並美妙地搭配上像奶油凍口感一樣的嫩豆腐，還有起泡的蛋吃起來口感非常奇妙。這個味道只有結合非常新鮮美味的

食材和細緻用心才能烹製成功！店裡標準的小碟配菜全部是自家釀製的，並份量十足地給我們一桌配了八種不同的小菜。配菜的選擇常常變換，從蒸蛋和辣味魷魚絲，到各種各樣的韓國泡菜（通常是釀製的辣白菜）和調味堅果果凍。不同於其他當地地方，這裡會遵循韓國本地口味，用麥茶搭配上砂鍋底部微微烤焦的飯（又稱nurungji Bap）。可惜因為我們吃的太飽了，以至於無法吃完所有的東西。他們的套餐是不容錯過的優惠：砂鍋湯加上一道菜，可選\$20以下從標準韓式辣醬拌飯（用紅辣椒醬攪拌的雞蛋、蔬菜和米飯）到韓式烤肉（燒烤味的短排骨）等多種份量十足的菜。他們的雜菜（甜薯粉絲涼拌蔬菜和

肉）很好吃，讓我懷念起一個朋友的媽媽做的飯菜。不是特別甜而且配有一定健康份量的蔬菜和少量牛肉。他們的烤肉上桌的時候和洋蔥片一同放在啞啞發響的盤子上。甜味不會過重，但是排骨塊入味並且鬆軟。當韓式海鮮蔥餅有的部分太粘牙但有点边缘部分香脆程度正好。餐廳的服務員們很友好，而且每張桌子都和在韓國的本地餐廳裡的一樣，有一個呼叫服務員的按鈕，但是店面容量很小。在享受美食的同時，看看從韓劇到最新的韓國流行音樂視頻等各種韓國電視節目，總是一件很有趣的事情。加州豆腐屋絕對是波士頓地區喜歡吃韓國豆腐煲的人不容錯過的一個好地方！

求真務實！

真正的房產諮詢：Mildred Wong

買房真的有完美的時刻嗎

案例：只要我等足夠長的時間，就會有合適的房屋以合適的價錢，出現在合適的時候。

事實：沒有絕對『完美』的時間去購買房屋的，就像我們之前的話題，沒有『完美』的房子。當你找到一間房子，不要為了長時間猶豫和估計利息利率或市場情況而等待。價錢是不會改變的那麼快的。相類似，一個好的房子亦不會在市場上長期停留的。

市面上有許多豎著『出售』的牌子的房屋，肯定會有很多的房屋正在出售。我可以慢慢選擇。請面對現實！『出售』的牌子不會絕對保證房子還是在出售狀態。房地產的牌子很多時候會直到房子正式的轉移名字或不再出現在市場上時才會拿掉牌子。這些情況經常發生，例如一些交易可能會與目前的買家沒有結果，而導致房子需要重新放置於市場上。你的房地產經紀可以在任何時候都確認房屋的真實情況。

當你準備提出你的報價，不要試圖成為『談判殺手』。確保你的報價是吸引人的、脫穎而出和可令買家所接受的。你的經紀可以幫助你在基於最近的同等房屋的售價裡，確定最合適的價位。確保你仍有另外一套房屋可以給予你選擇，以防止你其中一個報價不給予賣家接受。

『最低價錢比我原來所希望付出的多出\$3,000，如果賣家是『真的』希望售賣的，他們會接受我的報價的』。請面對現實！當市場是買家的市場時，賣家將會持續的觀摩尋找合理價錢的買家，他們對於不同的報價擁有選擇權，就像你對購買的房子擁有選擇權一樣。如果你是真的喜歡這套房子和覺得非常的合適你，請公平的談判。\$3,000以30年來計，每月只需要\$8.33。不要為了少許的金錢而錯失了你理想中的房子。

當你決定去購買房子的時候，你的情感就會像過山車一樣。如果你是第一次購買的買家，你的情感將會更加的劇烈，因為你不知道什麼才是需要被期待的。當你確定了一套房子，特別是在觀摩了許多的房子過後，你會懷疑自己是否做了正確的決定。這是一個正常的反應，當你想像一下在你的新房子安頓下來之後的新生活，這種想法就會隨之消失。

讀者意見徵集：對有關買屋或賣屋的過程有疑問？請致電或以電子郵件方式把你的話題告訴我，很有可能將會成為我們下一期的話題。Mildred Wong是工作在City Central Realty, LLC的持證地產代理人。電話：617-236-2020。電子郵件：mildred@citycentralre.com。Twitter：@GetRealwMildred。

Admiral's Tower Co-op

海軍樓



Admiral's Tower Co-op, where residents have a voice in the management of their building, is currently accepting applications for studio and one bedroom apartments. 海軍樓是一個備受當地居民稱讚具有一流管理水平的居住大樓，目前正在接受單間和一間臥室公寓的申請。

Located on the beautiful grounds of Admiral's Hill in Chelsea, this active senior housing co-op is within walking distance to shopping, banks, churches and is on an MBTA bus line. 將軍樓座落於美麗的Chelsea將軍山附近，生活環境極其方便，附近設有購物區、銀行、教堂和巴士站。

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專訪華埠啟蒙教育新負責人 Sue Quinlan

舢舨：你什麼時候開始擔任啟蒙教育新負責人一職？

Sue：我從8月27號開始接任負責人的工作，到現在已經有六個星期了。啟蒙教育和華美福利會的每一個人都很熱情，並幫助我更快地適應這個新工作環境。

舢舨：你可以為我們介紹一下你的職業背景嗎？

Sue：我曾經在幾所大學擔任兼職，比如海灣州立學院，布里奇沃特州立學院，馬薩索伊特社區學院，馬薩諸塞州海灣社區學院，昆西學院還有波士頓城市學院。我教過一些幼兒早期教育的課程。我也曾擔任過幼兒早期教育計劃的負責人，美國先鋒計劃（Head Start）的主管，以及美國幼兒教育協會（NAEYC）的認證導師等。我擁有教育學碩士學位、心理輔導碩士學位，以及兒童發展／早期幼兒教育的學士學位。我在這個領域已有三十多年的經驗了。

舢舨：為什麼你想擔任啟蒙教育的負責人？

Sue：我去年曾擔任啟蒙教育的計劃指導工作。我常常來這裡為其他負責人和老師提供教育和管理方面的協助。啟蒙教育的前任負責人Leslie Pilder 離開之前，她鼓勵我申請這個職位。她說：『你應該申請這份工作。你已經對這項計劃有足夠的瞭解，將會是一個合適的人選。』於是我申請了，並很幸運地獲得了這份工作機會。

舢舨：你能給我們大致地介紹一下啟蒙教育嗎？

Sue：我們設有四個教室：

一個是嬰兒教室（2—15月大），一個是較小年齡幼兒教室（15—24月大），一個是較大年齡幼兒教室（24月—2周歲又9個月大）和一個學齡前兒童教室（大於2周歲又9個月）。每間教室裡我們安排了三任老師，兩位老年志願者（早上和下午），還有助教志願者和實習生。我們能一次性容納45個孩子。我們還有一份很長的候選名單，很多名單上的家長已經等了一年多了。甚至還有些家長在懷孕前就來報名加入候選名單。

舢舨：啟蒙教育的特色是甚麼？

Sue：啟蒙教育是一個有特色的項目計劃，因為我們遵循「瑞吉歐教育理念」。另外一個特色是我們的中文普通話啟蒙項目。工作人員在教室裡必須只能與孩子們用中文普通話對話。在我們這裡的孩子來自多種多樣的背景，他們代表各種不同的文化和語言。一個孩子五歲以前的時期是他們最關鍵的學習階段。他們有著與生俱來的語言學習能力。我們孩子們的家長都受過高等教育，也很重視這樣的語言學習能力。他們把孩子送到啟蒙教育是個明智的選擇。如果他們從小就能掌握普通話這門第二語言，將來會得到很大的優勢，包括幫他們進入更好的大學。一口流利的普通話能為他們在求職與就業方面贏取更多的選擇。

舢舨：能麻煩你給我們進一步地介紹一下「瑞吉歐教育理念」嗎？

Sue：「瑞吉歐方法」是一

種幼兒教育理念，它的中心思想是把孩子的自然成長發展和他們與成長環境的緊密關係相結合。日常生活中，老師會觀察並評估孩子們的需求、能力和興趣，從而為他們設計合適的發展方向和課程計劃。這項計劃也將增長孩子們的知識，並培養他們的好奇心和興趣。這都以以下這些原則為基礎：第一，孩子們必須在他們的學習方向上有一定的決定權；第二，孩子們必須通過觸摸、移動、聆聽、觀察等自身體驗來學習；第三，孩子們能與其他孩子建立一定的人際關係，並能夠在實物環境中探索和實踐；第四，孩子們必須要有無限的方式和機會來表達自己。

舢舨：你給啟蒙教育帶來了什麼樣的改變？

Sue：自從我成為啟蒙教育的負責人，我開展了兩次調查；

一次針對老師們，另一次針對家長們。調查結果讓我從工作人員和家長們的角度，更充分地瞭解到這個項目計劃的整體運行情況。這些信息幫助我評估這項計劃的強項和發展方向。我對於這項計劃的職業目標之一就是取得NAEYC美國幼兒教育協會的資格認可。

NAEYC是美國幼兒教育協會的簡稱，是美國最大的全國性幼兒教育專業組織。該協會根據健康、安全和教育方面的標準授權早期幼兒教育項目計劃。新制定的標準計劃打造一個更加值得信賴授權制度，同時鼓勵幼兒教育領域的進一步發展。

申請美國幼兒教育協會的資格認可的機構需要經過一年的自我考察階段。啟蒙教育項目計劃將會在這個申請程序中取到全方位地改善。

華美福利會呈獻 『波士頓時尚薈萃』



(左至右) 麻州眾議會議員黃子安、司徒福柱、Tony Kwan及Eric Beyer和其妻子Julie Beyer。

隨著各時裝雜誌9月開季大刊推出，秋季絕對是最時尚的季節。

華美福利會與Neiman Marcus所共同主辦的『波士頓時尚薈萃』時裝秀，在十月二日完滿閉幕。在該次活動中共籌得\$27,000的款項，該筆資金將用於幫助機構為新移民和經濟上處於不利環境的人群，用來持續運作職業訓練和成人教育等的項目。

當晚共有超過100位來賓，在波士頓Neiman Marcus商場的三樓共賞2012年最新秋季服裝系列的展示。本地許多政界和商業名人亦有出席當晚的活動。

當晚出席的特別嘉賓有：州參議員陳翟蘇妮、州眾議員黃子安、摩頓市市長葛帝生、東方銀行董事長Robert F. Rivers、BJ批發公司執行長Laura Sen和第七頻道電視台主播伍沅媚。

更正

舢舨2012中秋特刊英文版
第九頁文章Food Temptation:
August Moon and Moon Cakes
作者名應為：Kong Zhanglin。

特此更正。



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中層公寓2房	6	\$1,263
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最高入息限制

人數	60%
1人	\$41,100
2人	\$46,980
3人	\$52,860
4人	\$58,680
5人	\$63,420
6人	\$68,100

申請表可郵寄或親臨Beacon Residential Management Limited Partnership領取：
Joseph M. Tierney Learning Center
125 Mercer Street, South Boston, MA 02127

申請表可於以下時間領取：

2012年10月22日 - 2012年11月2日
星期一至星期五：上午10:00 - 下午4:00
10月25日和10月29日：上午10:00 - 下午2:00
10月29日星期六：上午10:00 - 下午2:00

填妥的申請表需本人親自交付
或郵遞不遲於11月15日

可寄至以下地址的管理辦公室：
25 James O'Neil Street, Boston, MA 02127
公眾諮詢會議將於2012年10月24日星期三
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華美福利會大學日 在移民社區中推廣大學教育



大學代表向學生介紹學校情況。圖片由AACA提供。

華美福利會青年理事會所主辦的第二屆大學日在9月30日完滿召開，當日有40間馬塞諸塞州地區的大學與多達150名學生家長到場參與該活動。

該次活動延續了去年的傳統，大學日的宗旨是為新移民的家庭，提供更多的機會，去了解大學入學的申請過程與財政援助申請。今年，該活動亦面向廣大成人的學習者。

當日，參與該活動的院校有：波士頓本傑明富蘭克林理工學院、本特利大學、波士頓大學、布蘭迪斯大學、邦克西爾社區大學、劍橋學院、教育文獻中心、庫利學院、迪恩學院、愛默生學院、艾瑪努爾學院、安迪科特學院、戈登學院、哈佛大學、萊斯利大學、麻州海灣社區大學、麻省醫藥與健康科學學院、馬薩索伊特社區學院、紐伯里學院、東北大學、松堡大學、昆士加蒙湖社區學院、瑞吉士學院、羅克斯伯裡社區學院、塞勒姆州立大學、藝術博物館學院、西蒙斯學院、紐約州立大學、紐約州立大學阿爾伯尼分校、石山學院、薩福克大學、塔芙茨大學、馬薩諸塞大學阿默斯特分校、波

士頓馬薩諸塞大學、馬薩諸塞大學盧維爾分校、威爾斯利大學、溫特沃斯理工學院、韋斯特菲爾德州立大學、惠洛克學院學院和伍斯特理工學院。

萊斯利大學的榮譽校長 Margaret McKenna 在開幕詞中說，大學教育對年輕人來說是至關緊要的。

McKenna 說：『無論你是上二年還是四年的大學，或是為了得到碩士或者博士的學位，大學教育可以影響你的整個人生。千萬不要讓讀書的費用把你嚇跑了。』

華美福利會和華人醫務中心的創始人之一阮陳金鳳，亦在會上對大學院校為社區所建立的重要教育橋樑感到衷心的感謝。

阮陳金鳳在會上說道：『你們每一位『大學代表』為眾多的年輕人與優秀的學生提供了機會。我們熱烈歡迎你們來到我們的華埠社區。』

與去年活動相比，今年多了23間大學參與到這個活動。

華美福利會青年理事會期待下一屆的大學日，會有更多馬塞諸塞州以外的大學參與到該活動。

紐英倫華人歷史學會 熱烈慶祝20週年慶典

紐英倫華人歷史學會於9月30日在龍鳳酒樓舉辦了『廿周年』晚宴，以此慶祝過往一年所作出的卓越成績。

今年在晚宴上獲頒遊子獎的兩位人士分別為：鄭與崔出版社的創始人和總裁崔志潔和冠有『波士頓華埠市長』之稱的陳毓璇。

創立於1979年的鄭與崔出版社的宗旨是為了支持亞裔的學生。他們是第一個在美國發行簡體與繁體的中文書籍的出版社。崔志潔一直都是一個忠實的志願者和慈善家。在2011年，她的丈夫 Hung Cheng 共同承諾了一份慷慨的禮物給予鄭與崔中心，在碧芙以色列烈狄肯尼斯醫療中心的綜合保健。

陳毓璇和他的兄妹共同在波士頓華埠經營與投資各種不同的

商業，在過去的60年中對社區作出巨大的貢獻。他亦同時是華人醫務中心的創始人和前任紐英倫至孝篤親公所和中華公所會長。他亦是紐英倫中華公所唯一一個當選了兩屆會長的傳奇人物。

當晚晚宴上，那些在大學擁有卓越成績的華人學子獲得了柯德文獎學金和王陳巧珠獎學金的辦法。當晚更是邀請了本地棟篤笑演員黃西作為表演嘉賓表演，並與大家分享了他作為美國華裔在美國的生活體驗。

麻州財政廳廳長葛羅斯曼、麻州眾議員黃子安和陳德基以及市議員林尼肯亦出席了當晚的晚宴，並代表州與市政府為華人歷史學會頒發了表揚狀，以感謝他們對保存或促進美國華裔歷史作出的傑出貢獻。

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Everett Gardens和Everett Gardens Expansion的入息限制

1人- \$45,500

2人- \$52,000

Peter Bulkeley Building 的入息限制

1人- \$34,250

2人- \$39,150



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6	1房	\$1,237

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1	\$47,900
2	\$54,750
3	\$61,600

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3	獨立單位、3睡房、2浴室，1,248平方尺（包含花園）、2個停車位、無裝修的地下室	\$224,000

家庭最低入息限制

1人-\$45,500	2人-\$52,000	3人-\$58,500
4人-\$65,000	5人-\$70,200	6人-\$75,400

家庭總資產不能超過\$75,000

更多有關發展、單位詳情、抽獎和申請過程的資訊，請瀏覽網站www.s-e-b.com/lottery或致電：617.782.6900。有關房屋開發的資訊請瀏覽網站www.BayberryBuilding.com。

申請表格和入息要求文件必須在11月27日下午2時以前，本人親自交付，不可以以郵寄方式交付。公眾資訊會議將於10月10日下午6時，在Barnstable(367 Main St, Hyannis)市政廳舉行。房屋抽籤將於12月4日在Barnstable Town Hall舉行。申請表以及信息表格可在以下地方領取：

- 1) 位於3090號Main Street的 Sturgis圖書館。（時間：星期一、三、四、五：早上10時-下午5時，星期四下午1時-下午8時，星期六早上10時-下午4時）。
- 2) Barnstable市政廳3樓的發展管理部門（The Growth Management Dept）。



選民登記成熱潮 堡壘村七百人響應

Joanne Wong 圖文報道



Suzanne Lee介紹登記選民的重要意義。

社區成員10月4日聚集在堡壘村社區中心在電影、美食和選民登記活動中度過了一個夜晚。這次活動的目的是要宣傳選民登記活動在歷史上的重大意義，同時也為了告知群眾為即將到來大總統大選登記投票的截止日期為10月17日。

「我們要續寫我們的歷史並站起來，」前波士頓市議員候選人李素影說道。「每一票都算。我們需要相信社會公正、平等大每一個人，我們需要每一個人的參與。」

活動現場提供了中英文版本的選民註冊材料和缺席選舉人投票的信息。堡壘村租客組織還邀請到了華人前進會（Chinese Progressive Association）的協助，針對現場場不同的資料為成員們進行了培訓。

這次活動還參與了紀錄片【Chisholm '72: Unbought & Unbossed】的特寫拍攝。該紀錄片講述了一個關於Shirley Chisholm在1971年作為第一位女性候選人，參與美國總統競選的勵志故事。Chisholm作為一個黑人女性，為競爭稱為一名民主黨

候選人而克服了各種掙扎和阻礙。她在競爭過程中，鼓勵很多社區成員去實行他們的投票權利，並發表他們的意見。雖然Chisholm沒有成功獲得民主黨候選人席位，她的故事強調了團結、多樣性、和選民權利的重要性。

據Winn 管理公司的Jerry Chu所說，最新統計顯示堡壘村居民中已有700人登記投票。

「居民為堡壘村社區總體的發展和團結感到自豪。它已經為青少年樹立來良好大榜樣，也為老年人加長來壽命，」堡壘村的十一歲小居民Cecilia Cordova說道。

前州眾議員Mel King也參與了本次活動。堡壘村租客組織希望日後能在新修建大社區中心舉辦更多的會議和活動。

據青少年影像指導員Jared Katsiane所說，一些關於社會公正主題的電影將每月定期進行拍攝。在拍攝結束以後，他們會開設並促進相關話題的討論，以鼓勵青少年和社區成員等人士提出更多的行動計劃。

建設世界一流公立教育系統 麻省州長投資6.07億美金

2012年10月2日，麻省州長德瓦爾帕特裡克宣佈投資6.07億於麻省公立大學系統。他承諾建立一個負擔得起的，世界級的公共程度較高的教育系統。

州長指出，6.07億美金債券資金將提高整個麻省大學的教育系統的品質，推動科研設施項目，使二十一世紀以知識為基礎的經濟聯合體可以加入。

州長帕特里克說：「提供高質量的，負擔得起的高等教育是給所有的學生獲得成功的機會。教育是馬薩諸塞州在世界各地的通行證，是我們在全球經濟中的競爭核心。我們投資於教育是因為我們相信，這是政府可以做的最重要的投資。」

副州長添莫利穆雷亦認為：「我們的政府致力於維持馬薩諸塞州的聲譽，和世界一流的教育設施。在我們的公立高等教育系統的投資中，我們將確保聯邦仍然在教育我們的學生，滿足需求的不斷變化並在競爭日益激烈的

就業市場中走在前列。」

當日公佈的投資項目包括：馬薩諸塞州阿姆赫斯特大學一個新的物理科學大樓，目前估計為8500萬美元，將滿足招生增長和更高的要求，幫助實現大學改善所有的科學設施，增加保留和吸引最優秀的教師和學生的長期目標。

馬薩諸塞州洛厄爾大學商學院（MSB）新的管理大樓，（來自個人捐款）的約1000萬美元，將支持該3500萬美元的項目。

波士頓大學一個新的教學樓，估計在1億美元，以幫助解決大學招生的增長需求。

更多的投資項目信息將在近期公佈。

教育部長保羅·雷維爾表示：「這些投資將讓我們的校園更好的裝備我們的學生——不僅在課堂上也在課堂之外，他們需要在各自的區域內學會獲取成功的技能，這也將有利於整個社區。」

2012年漢字文化節暨雙十國慶 書畫攝影展：盡展中國文化魅力

Joanne Wong 報道

2012年漢字文化節暨中華民國101年雙十國慶書畫攝影展於10月6日在紐英崙中華公所會議室開幕，20多位波士頓書法協會和紐英崙藝術協會會員創作的超過80副書法、繪畫及攝影作品在展覽中亮相。

此次展出將在紐英崙中華公所會議室持續到本周六（13日）結束，每日對公眾免費開放時間為早上10時至下午4時。

中華書法會理事池元山主持了開幕式。駐波士頓台北經文處處長洪慧珠、副處長陳銘俊、僑

教中心主任黃正杰、中華公所主席黃光野、中華藝術表演基金會會長譚嘉陵、紐英崙藝術學會會長林卓培、波士頓中華書法會下任會長陳綺怡等悉數到場支持並致辭，祝賀活動成功。

此次共有40多件書法，30多幅繪畫及近十幅攝影作品參展，開幕式當日便吸引了六十餘名參觀者。

陳綺怡表示，書法會歡迎新英格蘭地區的藝術愛好者參與。她還表示中國農曆新年的展覽正在籌備中。

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